



# HOUSING & COMMUNITY SERVICES DEPARTMENT

## OFFICE ON AGING



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### There's how many calories in that piece of pie!

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The holiday season is just around the corner and many festivities are celebrated around the dinner table. While this is often a joyous time for many, it is also the dreaded season of endless high-calorie and high-fat foods.

Do you know the number of calories in a typical holiday dinner?

Food item	Calories	Exercise time needed to burn off the calories
3 crackers with cheese	210	50 min of Yoga
½ cup raw vegetables with 1 tablespoon ranch dressing	100	30 min of ballroom dancing
3 cups salad with dressing	150	30 min of bowling
6 oz ham or turkey	300	60 min of line dancing
½ cup stuffing	180	70 min of housework
½ cup green bean casserole	225	50 min of walking
1 dinner roll	110	25 min of Tai Chi
1 piece of pie: apple	410	65 min of tennis
pumpkin	180	25 min of water aerobics
<b>TOTAL CALORIES</b>	<b>1685</b> (with apple pie) <b>1455</b> (with pumpkin pie)	<b>3.75 HOURS</b> of aerobics <b>3 HOURS</b> of stationary cycling

Here are some easy steps that you can do to lower the calorie content of food:

- Use less sugar in a recipe and add spices (cinnamon, cloves, nutmeg) or vanilla instead.
- Substitute low or non-fat dairy items and low-fat creamed soups for the full-fat ones.
- Bake, grill, broil, roast, or steam rather than frying or sautéing in lots of oil or butter.
- Reduce serving sizes. That way you can enjoy more foods, but not in excess.

Food will always be a part of holiday celebrations, but it doesn't have to be a stressful event. By using some of the above suggestions, you can make foods healthier. However, not forgetting about exercise during this time is also important. It will reduce stress, burn off some of that pie, and give you more energy.

Some ideas: Go for a post-dinner walk with your grandkids, attend a resistance band exercise class at the Senior Center and swap holiday stories, or dance at a holiday party.

The Office on Aging has a supply of resistance bands (with instruction booklet) that can be used at home or in Senior Center classes. Call the Office on Aging Information and Assistance at **1-800-510-2020** or **1-714-567-7500** to speak with the friendly and knowledgeable Information Specialists and request a band or ask about area exercise programs. The Office on Aging also has information on caregiving, transportation, housing, meals, legal assistance, case management, and much more.

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Information & Assistance: (800) 510-2020 or (714) 567-7500 • Email: [officeonaging@ocgov.com](mailto:officeonaging@ocgov.com) • [www.officeonaging.ocgov.com](http://www.officeonaging.ocgov.com)